

WELLNESS CENTER NEWSLETTER

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HARVEY'S LEGACY AT THE WELLNESS CENTER

The updates to the Wellness Center that we have enjoyed over the past few years happened because of Harvey Wong's hard work behind the scenes. Harvey was the GSA Building Manager for the Wellness Center, and Harvey has moved to a new position within GSA. Harvey's accomplishments at the Wellness Center deserve to be recognized and we wish Harvey the very best in his new position!

Before Harvey moved on, he left the Wellness Center with a farewell gift- A bicycle Fix-It Station for all cyclists to use to make basic repairs to bicycles. Not only will Harvey be remembered for all the improvement's to Center, but the Fix-It Station solidifies Harvey's legacy at the Denver Federal Center.

The Fix-It Station includes a set of tools for basic bike repairs for changing a flat tire and adjusting brakes — attached by stainless steel cables and tamper proof fasteners. Also on the station is a bike hanger for easy adjusting and an air pump for inflating tires.

A huge thank you to Preventive Maintenance Services for making installation of the Fix-It Station possible.



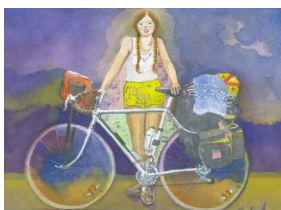
Teamwork is the foundation for success!



Harvey doing the honor of cutting the ribbon.
From left to right: Kiel Hovland, Gregg Brown, Harvey Wong and Steve Guthrie.



Bicycle ready for repair work.



Wayne Husband, Cycling Madonna

BIKE TO WORK DAY BREAKFAST

Wednesday | June 27 | 6 a.m.— 9 a.m.
Wellness Center Parking Lot

Free

Showers will be available for all cyclists.

A healthy breakfast will be provided by Blue Cross Blue Shield, Kaiser Permanente and GEHA.



Wellness Center Member's at the Fed Cup

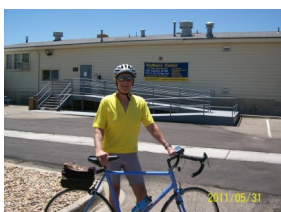
FED CUP 5K RACE & WALK

Saturday, May 19 | Denver Federal Center | 8:15 a.m.

\$16.00 online registration | \$25 on race day (cash or check)
Kids fun run is free but you still need to register.
Registration: <http://www.runningguru.com/E1.asp?eID=37275>

Please join the Wellness Center, Well-Bees team when signing up for the race! Tab under teams, and scroll down to Well-Bees.

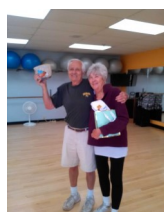
BESSLERS ARE MOVING AWAY



Mike poses after a training ride in front of the Wellness Center in 2011



Mike and Mary's going away party



On to Surprise, Arizona!

Charter member, Michael Bessler, has been on the Wellness Center Committee for 28 years. In fact, Michael was on the implementation team that created the Wellness Center way back in 1988. If you would like to know more about the history of the Wellness Center, or anything for that matter, just refer to the shirt he often wears that reads, "Warning, Retiree- Knows Everything and has plenty of time to tell you about it."

Michael and his wife, Mary are dear friends to many of us at the Center and they are saying goodbye. They are moving to Sun City, Arizona in a small town called Surprise. Surprise is made up of 10,000 homes, and you must be at a minimum age of 55 to purchase a home in Surprise. Mike and Mary will no longer have to shovel snow, and they will not have to rely on their Honda CRV, as their primary mode for transportation will now be a golf cart. Mike and Mary's first 2 priorities are purchasing a golf cart and also joining the local gym.

Mike and Mary, we will miss you and we hope that you come back and visit your friends at the Center.

THANK YOU FOR YOUR CONTRIBUTIONS

Felicia Martinez: Thank you for donating the new, HUGE television in cardio room.
Viki Bankey: For the wonderful selection of music that you provide for our fitness classes.
The Wellness Center Committee: For all the things you do to make the Center the best it can be!
Members: For your continued support for the Wellness Center.
Colorado Federal Executive Board: For sponsoring the Wellness Center. And the time, energy, effort and leadership that Fred and Jeff put into the Center.
Blue Cross, Kaiser, GEHA, GSA and FPS: All contributors to make events such as Bike to Work Day and the annual Picnic possible.

Adrian Martinez | 1st Place



Congratulations to Wellness Center member, Adrian for his 1st place finish in the National American Strength Association, Power Sports Meet. The competition consists of a 1 repetition biceps curl, 1 repetition bench press and 1 repetition deadlift. Adrian broke his previous record of 137lbs on the biceps curl, curling 140lbs using perfect form. His bench press was 292lbs with a pause at the chest, and he deadlifted 315lbs.

If you would like more information on powerlifting and NASA competitions, please visit www.nasa-sports.com.

Discount Elitch Garden Tickets for Wellness Center Members



Discounted Tickets Now Available for Wellness Center Members!

One Day Admission only \$28.99 (\$26 OFF)

Includes access to the Theme & Water Park, concerts, shows and dive-in movies!

Season Pass only \$64.99 (\$15 OFF)

<http://tinyurl.com/DenverFederalCenterDiscounts>

Contact: Jess Foulsham | 303-572-4502 | jfoulsham@elitchgardens.com

For Park Hours and general information, visit ElitchGardens.com

Spring Class Schedule

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------------|---|-----------------------------|--|---------------------------|-----|
| | 12-1 Body Sculpt | 11:35-12:40 Hatha Yoga \$3 3-3:45 Fit Forever 5-6 Yoga w/ Sue \$10 | 11:30-12:30 Pilates \$16 | 12-1 Fit Ball 5-6 Yoga w/Sue \$10 | 11:35-12:40 Hatha Yoga | |
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Printable class schedules can be found at www.colorado.feb.gov